

Activity Typology: Returning to a calm state

Material: None

Description of the activity:

The whole group forms a circle keeping the minimum safety distance between the participants. The game consists of passing the energy between all people. How can you get through?

1. A person starts by passing the energy to the person on his side:
 - To pass the energy to the right, a movement is made with the right arm in the direction of where the energy is passed. At the same time, he or she will say "HA!"
 - To pass the energy to the left, a movement is made with the left arm in the direction of where the energy passes. At the same time, he or she will say "HA!"
2. To change the direction of energy:
 - He or she will say "HAKUN!" raising and lowering his or her arm with a clenched fist. If a person receives the energy with a "HA!", they can change the meaning and return the energy to the same person by saying "HAKUN!".
3. To pass the energy to a person in the circle who is not right next to it:
 - They must say "WAKA!" and the name of the person to whom the energy is passed. At the same time, the named person must point with one leg.

Questions for reflection:

- Did you like the game?
- What way did you like the energy the most?
- How did you feel during the game? Why?
- Do you think this same game without putting effort would have gone the same way?
- In your day-to-day life, what things motivate you the most? And what things motivate you the least?
- What strategies do you use when you do not like something or feel unmotivated?